



Recipe of the Month- April 2007

Ginger Chicken

Serves 4

Ingredients:

30ml	Oil
500g	Chicken breast fillets thinly sliced
4	Cloves Garlic, creamed
60ml	Fish sauce
30ml	Oyster sauce
30ml	Sugar
60ml	Ginger, finely julienned
1	Red Pepper, thinly sliced
1	Green Pepper, thinly sliced
125g	Mushrooms, sliced
1	Small Onion, thinly sliced
1	Fresh Coriander or Basil leaves, for garnish
handful	

Method:

1. Heat the oil in a large frying pan. Add the chicken and garlic and stir-fry for ± 2 minutes.
2. Add the remaining ingredients and stir-fry for another 3 minutes, or until most of the liquid has evaporated.
3. Transfer to a serving dish, garnish and serve immediately